

Blockage in sacral area of spine, 56-year-old Female

The Person & Complaint

Freelance foreign language teacher, lives with her partner, found herself bed bound due to a sudden burst of pain in the sacral area of her spine. As she couldn't leave her house I went to treat her at home. She had spent most of the day lying in bed and was exhausted by the persistent sharp pain (8-10 out of 10).

Other issues

- heavy smoker, tendency to drink as well

The Story & Emotions

It was the forth time that the client was experiencing this type of blockage in her lower spine since her womb had been removed during surgery- due to uterine fibroids causing excess bleeding, pain and pressure. The pain had tended to vary and flare up at one point so she could no longer go to work and needed up to 3-4 weeks to recover.

The doctors had not been able to give her a proper diagnosis, assuming that an inflammation in the ilio-sacral joint was causing the pain. An injection into the joint that the doctor had given her the day before I first treated her had made the pain worse.

The Energetic System

- insufficient flow of energy in kidney, bladder, liver meridians as well as in the CV
- GB & LIV organs charged
- blocked sex & throat (heavy smoker) centre

Treatment – first session

- I had the client locate the pain for me, which was around BL 32 (meeting point of GB and BL), „2nd Crevice“ TCM, on the left side of the body only. I balanced BL 32 to BL67 for most of the session. Initially there was intense charge, a lot of numbness, then pain and electrical discharge, dissipating slowly, yet the points did not clear completely, but she felt unable to continue lying on her side. As she turned onto her back she started telling me that her womb had been removed by surgery a couple of years prior.
- I balanced the sex centre to GB 34 (which was painful when checking) on the left leg and she talked about having been angry in the relationship with her ex-partner who had been choleric. She left him shortly after the womb had been removed and experienced the first (of four) episodes of spinal blockage soon after.

At the end of the session I explained to her that the channels had not fully cleared and advised her to take it easy.

Treatment – second session

The client started to feel better 2-3 days after the first session. Eventually she was pain free and started working again 4 days after. The pain returned one week after and she took pain killers, which did not help her condition. Consequently she googled her symptoms, self-diagnosed them as sciatica and found some physical exercises, which helped release pain temporarily.

- She was open to trying more sessions and I treated BL32 and GB41 left (better flow, opening up after 15 min.). She started talking about a major life trauma as I switched to Shen Tao-sacral centre. Her husband had gone missing in the Swiss Alps during a mountaineering holiday (very charged and hot, started dissipating after 20 mins., yet needs more work). I moved on to balancing the sacral centre to the kidney gate (very charged and hot, pins and needles, slowly dissipating) as the client was telling me that she had not felt recognized/seen by her husband on many occasions and had internally broken with him after their last trip together. 30Min. later she needed to change position and turned on her side. I treated BL32 & BL67 (left, still very charged and hot) to finish off and ground..

Treatment – third session

The pain had decreased after the second session and the client had been able to continue working so she came to see me for another session the following week. I started off with K1 BB (really wired and painful, more balanced 15 mins.). I then did a variation the sacral balance for the pelvis: I balanced the perineum cupped to

1. back of sacrum (very sore, first numb, then painful and hot, shifted and started opening after 15 mins.),
2. left greater trochantia (similar cycle, started opening after 15 mins.)
3. left top of iliac crest (even more painful mixed with pins and needles t start off with, moved through a lot of heat and started releasing after 15-20 mins.)
4. to area of pain 1.5 cun above first hand position (around BL32-34)- most numb and painful, very sharp pain and a lot of aggressive heat, started balancing after 20-25 min. I finished off with area of pain to earth point to ground.

Result/ How it was resolved

Afterwards the inflammation went back and the client was able to continue working. She has been free from pain and able to engage in activities that she enjoys (i.e. dancing) since.